

HEALTH MATTERS

ST PETERS FAMILY PRACTICE

NEWSLETTER

OCTOBER – DECEMBER 2011

ST. PETERS FAMILY PRACTICE
ACCREDITED GENERAL MEDICAL PRACTICE
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PRACTICE PRINCIPAL: DR. ADAM PEDLER
ASSOCIATE DOCTOR: DR. MARGARET TAYLOR
PRACTICE MANAGER: LYN PEDLER
PRACTICE STAFF: DEBBIE CURTIS, EVE CARSON, MARIE BELL
PRACTICE NURSES: KELLIE HERBERT & JAN JOYCE

PRACTICE HOURS:

MONDAY – FRIDAY 8.30 AM – 6.00 PM

AFTERHOURS:

DR. PEDLER PROVIDES PERSONAL AFTERHOURS COVER MONDAY TO FRIDAY, EXCEPT BETWEEN THE HOURS OF 10.00 PM AND 7.00 AM WHEN CALLS WILL BE DIRECTED TO OUR LOCUM SERVICE. WHEN DR PEDLER IS NOT AVAILABLE, AFTER THESE HOURS OR ON WEEK-ENDS, OUR PAGING SERVICE WILL OFFER YOU A HOME VISIT FROM OUR LOCUM SERVICE OR DIRECT YOU TO AVAILABLE HOSPITAL EMERGENCY DEPARTMENTS.

IN THIS ISSUE

- Practice honours! Successful fourth accreditation assessment.
- Dr. Pedler welcomes our new team of practice nurses!
- Are you eligible for a free care package?
- The value of Vitamin D – did you know it's also important for heart health?

AN INVESTMENT IN QUALITY, A DEMONSTRATION OF EXCELLENCE!



To maintain and earn accreditation, a practice team spends considerable time working together to ensure quality and standards are at recognized national assessment levels. This is a continuous 3 year cycle.

After an extensive on-site review by a team of peer surveyors, we are proud to announce we have again received top accreditation honors! By this you can be assured that we continue to improve our level of service and maintain standards of excellence. Congratulations to our committed team: Dr. Adam Pedler, Practice Manager Lyn, Receptionists Debbie, Eve, Marie, our practice nurses and Dr. Taylor.

Hard working staff, celebrating another successful Accreditation Assessment. From left: Debbie, Marie, Eve and Lyn

FROM THE DESK OF DR. ADAM PEDLER

Congratulations also to Dr. Pedler who celebrates 30 years in general practice this October!

A NEW TEAM OF PRACTICE NURSES!

I am very pleased to let you know we now have a team of 2 registered nurses working with me to continue providing you with a high standard of care and support. Please welcome Kellie Herbert and Jan Joyce to the practice!

Kellie and Jan will work together: Jan being responsible for nurse administration, assisting me to identify and co-ordinate at risk patients who require support, and Kellie will be responsible for consulting those patients, assisting me to provide clinical management.

Kellie trained at the Broken Hill Base Hospital before gaining her Bachelor of Nursing at University SA in 2001. She is currently enrolled in a Graduate Certificate at Flinders University, and has enjoyed 10 years of community nursing, mostly supporting the elderly to live at home independently. She is married with a 2 year old son.

Jan Joyce has been a registered nurse since 1979, with experience as a midwife and as night manager of the Royal Adelaide Hospital Emergency Department. She has also been working in community nursing for the past 12 years. Jan is married with a 10 year old son.

Many of you will be familiar with Kellie and Jan, as they have had a casual professional association with the Practice since 2001. We hope you will welcome them to their new role within the practice, we certainly feel fortunate to have a team with this high level of experience and expertise working with us.

FROM THE DESK OF OUR PRACTICE NURSES

ARE YOU ELIGIBLE FOR A FREE CARE PACKAGE?

Thank you for welcoming us to the practice! Most of our work will involve seeing you in your own home. Our primary role is to assist Dr. Pedler formulate a **personal health care plan** for at risk patients. These care packages are designed to best manage your health problems, keeping you as healthy as possible for as long as possible.

If you have a chronic medical condition that has been present, or is likely to be present for six months or longer, you are eligible for a **GP Management Plan(GPMP)** Examples of some of these conditions are Diabetes, Asthma, Heart Disease and Arthritis.

Once we have prepared your GPMP with Dr. Pedler we may suggest your health could benefit from the input of other health care providers. In this case you would progress to have a **Team Care Arrangement (TCA)**. Eligible patients may access dental services.

Dr. Pedler has put together some information in an easy to read Q & A format which may assist you to better understand what's involved in a GP Management Plan and a Team Care Arrangement. There are copies in the waiting room and the patient hand-out is available on the practice website. We encourage you to participate if you are eligible for this free service.

The Department of Veteran's Affairs has also recently introduced a Care Program to support GP's and their nurses improve the management and quality of eligible gold card holders. Dr. Pedler has selected our eligible patients and we have begun contacting them to invite them to participate in the program.

FROM THE DESK OF DR. MARGARET TAYLOR

VITAMIN D IS ALSO IMPORTANT FOR HEART HEALTH!

We now know that Vitamin D is important for building and maintaining strong bones, preventing cancer, depression and infections, but new research shows that it also plays an important role in protecting your heart.

Researchers from Utah, presented a number of studies to the American College of Cardiology's 59th annual scientific session showing the correlation between vitamin D deficiency and optimal heart health.

Vitamin D is essential to most body processes and yet more than half of Australians and other Western nations fail to get an adequate daily supply. In 2010, the US Food and Nutrition Board set the daily recommended intake of vitamin D at 400-600 IU. The Utah researchers found that most people not meet these very basic daily requirements. They also found that an *increased* daily amount of vitamin D offered an array of cardiovascular benefits.

In one study, more than 9,000 patients who had low vitamin D had their levels monitored over a period of time. Those who raised their vitamin D level to over 75nmol/L had better cardiovascular health compared to those whose vitamin D remained below the normal range. Very low vitamin D predisposed them to heart attacks and strokes. Furthermore, the best chance of maintaining optimal heart health was in those whose vitamin D was 105nmol/L or higher.

Overall, the Institute concluded that vitamin D is a key factor for maintaining a healthy heart and peak cardiovascular function. J. Brent Muhlestein, MD, the director of cardiovascular research at the Institute suggests that most people would benefit from an increase of vitamin D to a daily amount of 1,000-5,000 IU.

Ensuring you maintain an adequate level of vitamin D each day can be achieved through an easy combination of daily supplementation, diet and brief exposure to the UV light of the sun. We offer drops or capsule supplements for purchase at reception, and Adam and I would like to remind you that it is important to continue lifelong and not to forget and stop taking it!



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